



A monthly newsletter for our seniors, their families, friends, and supporters

October 2006



SENIOR NOTES

ARLINGTON SENIOR wellness, learning, social & recreation **CENTER**
27 MAPLE STREET, ARLINGTON, MA 02476 (BEHIND TOWN HALL)

Arlington Seniors Association: 781-316-3420

Council on Aging: 781-316-3400

Association Coordinator: 781-316-3421

Cooperative Elder Services: 781-641-1070

Seniors Drop-in Room: 781-316-3426

MSS "Eating Together" Meal Site: 781-316-3423

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HAVE YOU THOUGHT ABOUT APPLYING FOR A TAX ABATEMENT? ARE YOU 65 YEARS OR OLDER?

If you are at least 65 years old, you may be eligible for a tax abatement. Abatements of up to \$1000 are available, depending upon qualifications. To see if you qualify, call Joyce Killingsworth (afternoons) at the Council on Aging, 781-316-3404. Half-hour appointments to file for an abatement are available on Tuesdays from 9:00-10:30.

When applying for TAX ABATEMENTS:

- *Bring a copy of your federal income tax form
- *A copy of your SSA-1099 that verifies the amount you received in 2005
- *Bank statements as of 12/31/05
- *If you own a 2- or 3-family dwelling bring your tenant's name and the amount of rent they pay
- *New applicants must bring a BIRTH CERTIFICATE
- *People with houses in trust, bring a copy of the trust
- *COA will be assisting widows, blind persons and the elderly with tax abate-



ASA 25th ANNIVERSARY

The ASA invites you to join our 25th Anniversary celebration gala weekend of events, October 21-22, 2006, from 1:00 pm to 4:00 pm each day. These events will be held at the Senior Center, 27 Maple Street, Arlington. Entertainment, refreshments, and tours will be available.



Come and join in the fun!

See what the ASA is all about!

Calling all ASA members:

ANNUAL MEETING and SOCIAL: Sunday, October 15 at 12:30 PM

All members of the Arlington Seniors Association are urged to attend the ASA Annual Meeting on Sunday, October 15. Family members and friends are also welcome. A light lunch will be served at 12:30, followed by a short overview of the year's activities and the election of officers and directors.

The Nominating Committee (Maureen Jackson, Kathy Gilligan, Dot Sullivan, Mary Segó, Mary Bond) earnestly seeks your suggestions for any and all open positions. For further information, call the Reception Desk at 781-316-3420. *Don't forget the Date!*



COUNCIL ON AGING
MUSCLE-STRENGTHENING CLASSES
BEGIN WEDNESDAY, OCTOBER 11

Designed to improve muscle tone, balance and resiliency, the COA's popular eight-week muscle-strengthening series will begin on Wednesday, October 11, from 10:15 AM to 11:00 AM in the Senior Center. The cost will be \$40 per 8-week session, payable at the first class. Each class requires a **minimum of 20 participants** (and is limited to 30) so call the COA at 781-316-3400 to reserve your space!

MARKETING YOUR HOME IN A BUYER'S MARKET
Wednesday, October 11, 10 AM in the COA Conference Room

Mary Lou Bigelow and a panel of guest speakers will present an in-depth analysis of how to market your home in a buyer's market. Mickey Coyne and Ms. Bigelow of Bowes GMAC R.E. founded the Bigelow-Coyne Real Estate Forum as an informative workshop for all ages. If you need a ride, call the Arlington COA van service the day before at 781-316-3400.



THE WOMEN'S BAR FOUNDATION ELDER LAW PROJECT

Thursday, October 26, 1:00 PM

Providing Legal Services free of charge to Low-Income Senior Citizens

Free, Legal Preparation of Simple Wills, Health Care Proxies,
Durable Powers of Attorney, Homestead Declarations

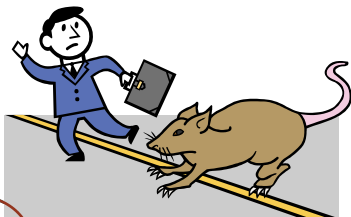
At this event, volunteer attorneys will be providing information and advice about legal needs, and will begin to prepare your needed documents. Approximately four to five weeks later, the attorneys will return here to notarize and execute the documents. In addition to *pro bono* (free of charge) legal services, a representative from the Attorney General's Office often attends the site visits to share valuable information on the Toll-Free Elder Hotline, identity fraud, scams targeting the elderly, and consumer credit abuse. Since its inception, the Elder Law Project has provided *pro bono* legal services to hundreds of elders.

Please bring any relevant documents you may have in your possession, including current or old wills, health care proxies, or durable powers of attorney. Also, please bring the names and addresses of any individuals you plan on designating as beneficiaries or agents for your health care proxy and/or durable power of attorney.

The Elder Law Project will be at the Arlington Senior Center on October 26, 2006, 1-3 p.m. If you're interested in meeting with an attorney, sign up at the Council on Aging (781-316-3400) to secure an appointment.

ASA BOWLING

Our first meeting will be on Monday, October 2nd at 9:30 AM at "Lanes and Games" on Route 2 near the Alewife station. Buses 67 and 79 stop very close to the bowling lanes.



RAT EXPERT

RICHARD BERMAN of Waltham Services will present information to residents about "Rats in Arlington", and how to recognize and eliminate them.

Thursday, October 5, 2006 at 6:30-8:00PM
Community Safety Building Conference Room, 112 Mystic Street
Sponsored by the Board of Health and D.P.W.

HELP NEEDED FOR OVERNIGHT TRIPS!!

Anyone wishing to help with overnight trips,
Please call Judy Quimby at 617-645-5473

ARLINGTON SENIORS ASSOCIATION OVERNIGHT TRIPS

(Cruise & tour insurance is available)

- November 12 - 13, 2006 – Beacon Motel. 2 days/1 night – visit from Santa, Christmas Party – live entertainment and free turkey, \$149 Double p/p, \$145 Triple, \$179 Single.
- December 5 - 7, 2006 – New York City and Radio City Christmas Show. Backstage tour of Radio City Music Hall and tickets for the Radio City Music Hall Christmas Show with the world-famous Rockettes. Sightseeing, shopping. 2 nights at the Hotel Wellington (7th Ave. and 55th St.), 3 complete meals. \$485 Double P/P, \$470 Triple, \$570 Single.
- December 6 - 7, 2006 - **Holiday Magic in the City.** Vienna Boys Choir – New York City Rockettes. \$299.95 Double P/P, \$399.95 Single. **FULLY BOOKED, WAITING LIST ONLY.**
- January 23 - February 2, 2007 - Southern Carribean Cruise leaving from New York City. Sailing to St. Thomas, St. John's, Antigua, Bridgetown, Philipsburg, and Tortola. 8 different restaurants. Dress casual or dressy. \$ 1,099 Double P/P, \$2,599 Single.
- March 21 - March 28, 2007 – Discover Sicily, departing from Logan Airport. Visit Catania, Taormina, Mt. Etna, Piazza Armerina, Siracusa, Giardina, Naxos. \$1,989 Double P/P, \$1,959 Triple, \$2,339 Single.

For information or reservations, contact Judy Quimby at 617-645-5473 (cell phone)

Bus will pick people up at Drake Village, Cusack Terrace, and Winslow Towers

Make checks to Arlington Seniors Association & mail to: Judy Quimby, 990 Mass Ave. #26 Arlington, MA 02476

DAY TRIPS (full payment due with reservation)

- Tuesday, October 10 – Turkey Train – Train ride and turkey dinner on Lake Winnepesaukee. \$59.00.
- Tuesday, November 7 – Branson to Boston at Lantana's in Randolph. Great music and entertainment and a turkey dinner. \$61.00.
- Wednesday, December 13 – “A New England Christmas” at the Hukelau, Chicopee. Entertainment with the multi-talented Linda Miller plus the Hukelau's own Christmas show and riding tour of the Xmas lights. Lunch – choice of roast turkey or prime rib au jus. \$64.00.
- Sunday, December 31 – New Year's at Noon: at Lake Pearl in Wrentham. Welcome 2007 with Bobby Justin, line dancing and ballroom dancing. Lunch – choice of baked scrod or pot roast. \$66.00.

For information or reservations, call Joan Caterino at 781-646-9064.

Make checks out to Arlington Seniors Association, Inc., 27 Maple St., Arlington, MA 02476,
with your name, address, phone number and name of trip included.

You must enclose a self-addressed stamped envelope.

Trip information was correct at the time of printing but is subject to change without notice.

Are you spending a lot for your prescription drugs...even with Part D?
Prescription Advantage can help!

Medicare's new prescription drug program has been a huge benefit for many seniors across the country, saving some up to hundreds of dollars each month on their prescription drugs. However, even with these savings, seniors may still have high out-of-pocket costs. The Part D premium in Massachusetts ranges from \$7.32 to \$65.58 per month, depending on the plan chosen. Many plans also have deductibles up to \$250 a year. Beyond those costs, there are drug co-payments. Individuals whose drug costs reach \$2,250 (the so-called "doughnut hole") then pay 100% of the drug costs until they have reached the cap for out of pocket expenses.

Fortunately for seniors living in Massachusetts, Prescription Advantage, the state's pharmacy assistance program, can help reduce these expenses. As a secondary payer to Part D, Prescription Advantage "wraps around" or supplements Medicare drug plans by helping to pay for co-payments, deductibles and other coverage gaps. *(continued on p. 11)*

WALDORF SALAD

Sometimes it's pleasing to have two different kinds of apples in a Waldorf salad if the season is right and you can get different varieties, like the sweet Delicious and a tart Greening. In any case be sure the apples you get are crisp. Serves four.

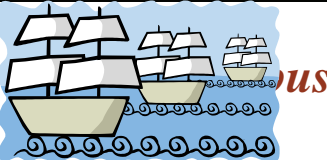
2 firm ripe green apples	½ cup mayonnaise
1 firm ripe red apple	1 ½ teaspoons honey
1 tablespoon lemon juice	1 cup coarsely chopped walnuts
1 cup sliced celery	Iceberg or Bibb lettuce leaves

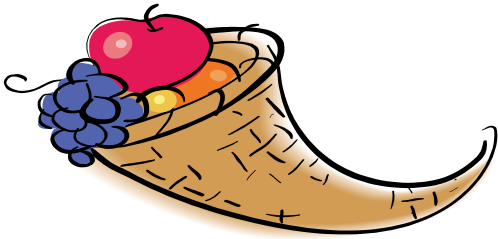
Core and quarter the apples (leave a skin on unless it's tough) and slice thin. Put in the bowl and toss with the lemon juice to coat. Add the celery and walnuts. Cover and chill. Mix the mayonnaise and honey (if you like a little sweetness in the dressing) together, until smooth. Add to the apple mixture and toss. Serve on a bed of lettuce.

BOOK CLUB NEWS

We'll meet the third Friday of the month, on October 20th. *(Our first meeting of the new season opened with a bang!)* Our book selection will be "The Last Days of Dogtown" by Anita Diamant. It was great to see our members from the spring season, and a hearty welcome to our new members.

Ruth Silver and Elisa Lopez

Monday	Tuesday	Wednesday
9:00 Exercise 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer class <i>Salisbury steak, mashed potatoes</i>	10:00 Lifeline with Eva Balazs 10:30 Yoga 12:30 B/P @ COA 1:00 Women's Billiards 1:00 Computer Club <i>Chicken/BBQ sauce, Chantilly potatoes</i>	9:00 Exercise 10:00 Informal K 10:30 Creative w 1:00 Bridge; Bin <i>Lasagne</i>
 Senior center closed	10:00 Lifeline with Eva Balazs 10:00 Atty. Noreen Murphy * 10:30 Yoga 11:00 Grandparent Support Group* 12:30 B/P @ COA 1:00 Sing-along 1:00 Women's Billiards <i>Burgundy beef tips, Tuscany style blend</i>	9:00 Exercise 10:00 Informal K 10:00 Real Estate 10:30 Creative w 1:00 Bridge; Bin <i>Fish tend</i>
9:00 Podiatry Clinic* (\$20) 11/6, 12/4, 1/08) 9:00 Exercise 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer class <i>Italian roast pork, winter squash</i>	10:00 Lifeline with Eva Balazs 10:15 Caregiver Support Group 10:30 Yoga 12:30 B/P @ COA 1:00 Women's Billiards 1:00 Scrabble; Computer Club <i>Stuffed pepper, Tuscany style blend</i>	9:00 Exercise 10:00 Informal K 10:30 Creative w 1:00 Bridge; Bin <i>Chicken</i>
9:00 Exercise 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer class <i>Chicken fajitas, Spanish rice</i>	10:00 Lifeline with Eva Balazs 10:30 Yoga 12:30 B/P @ COA 1:00 Women's Billiards <i>Baked fish, rice pilaf</i>	9:00 Exercise 10:00 Informal K 10:30 Creative w 1:00 Bridge; Bin <i>Broccoli</i>
9:00 Exercise 1:00 Progressive Bridge 1:00 Cribbage 1:00 Painting 2:00 Computer class <i>Macaroni & cheese, stewed tomatoes</i>	10:00 Lifeline with Eva Balazs 10:30 Yoga 12:30 B/P @ COA 1:00 Women's Billiards <i>Baked ham, cranberry sauce, scalloped potatoes</i>	OC

Wednesday	Thursday	Friday
<p>Knitting Writing Singo</p> <p>4</p> <p>minestrone soup</p>	<p>5</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:00 Movie</p> <p>Roast turkey, cranberry sauce, whipped potatoes</p>	<p>6</p> <p>9:00 Exercise 9:00 State Rep. Marzilli @ COA 10:00 Spanish 1:00 Bridge 1:00 Movie 1:00 ASA board meeting</p> <p>Hot dog, vegetarian beans</p>
<p>Knitting Senior Forum Writing Singo</p> <p>11</p> <p>ers, Jardiniere blend</p>	<p>12</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX</p> <p>Turkey ham, Chantilly potatoes</p>	<p>13</p> <p>9:00 Exercise 9:00 Financial Planner Rick Fentin* 10:00 Spanish 1:00 Bridge (in A&C I); 1:00 Movie</p> <p>Meatballs, brown rice, green beans</p>
<p>Knitting Writing Singo</p> <p>18</p> <p>paprika, winter mix</p>	<p>19</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:00 Movie</p> <p>Veg. Chili, stuffed potato skins, green beans 7:30: COA Board meeting</p>	<p>20</p> <p>9:00 Exercise 10:00 Spanish 10:15 Bereavement Group 1:00 Bridge (in A&C I) 1:00 Movie</p> <p>Beef ribs, mashed potatoes, spinach</p>
<p>Knitting Writing Singo</p> <p>25</p> <p>bake, Genoa blend</p>	<p>26</p> <p>9:00 Spanish 9:30 Line Dancing 10:00 Senior Forum 10:00 B/P at FOX 1:00 "Elder Law Project" presentation</p> <p>Herb-roasted chicken, sweet potato</p>	<p>27</p> <p>9:00 Exercise 9:00 Financial Planner Rick Fentin* 10:15 Bereavement Group 10:00 Spanish 1:00 Bridge (in A&C I)</p> <p>Pork parmesan, rotini, Italian blend</p>
<p>OCTOBER 2006</p>		<p>Asterisked (*) programs require advance scheduling: call for appointments.</p> <p>COA: 781-316-3400 ASA: 781-316-3420</p>

COUNCIL ON AGING EVENTS

<u>CLINIC / EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Blood Pressure Clinics:</u>			
at Council on Aging, 27 Maple St.	Tuesdays	12:30-1:45 PM	no charge
at Fox Community Ctr., 175 Mass Ave.	Thursdays	10:00-11:15 AM	no charge
<u>Podiatry Clinic:</u>*	Mon. 10/16, 11/06, 12/04	9-noon, by appt.	\$20
<u>S.H.I.N.E. Counselor:</u>*	available by appointment only		no charge
<u>Attorney Noreen Murphy:</u>*	2nd Tuesday ea. month	10-noon, by appt.	no charge
<u>Financial Planner, Rick Fentin:</u>*	2nd & 4th Fri ea. month	9-10:30, by appt.	no charge
<u>Grandparent Support Group:</u>	2nd Tues ea. month (call Lourie at 781-316-3410)		no charge
<u>Caregiver Support, Lourie August:</u>	3rd Tuesday ea. month	10:15-11:45	no charge
<u>Real Estate Forum, Mary Lou Bigelow</u>	2nd Wed. ea. month	10 - 11:30 AM	no charge
<u>State Representative James Marzilli:</u>	1st Friday ea. month	9-11 AM (drop in)	no charge

(* call 781-316-3400 for appointments)

SENIORS ASSOCIATION EVENTS

<u>EVENT</u>	<u>DAY/DATE</u>	<u>TIME</u>	<u>COST</u>
<u>Dr. Eva Balazs, "Lifeline":</u>	Tuesdays	10 AM	no charge
<u>Computer Classes, basics (Marlene):</u>	Mondays	2-4 PM	\$40 / 4 sessions
<u>Computer Classes, basics (John Averill):</u>	Thursdays	9:30-12	\$40 / 4 sessions
<u>Beginning Bridge Class:</u>	Mon. 10/2	10-12	\$40 / 6 weeks
<u>Bridge:</u>	Mon, Wed, Fri	1-3:45 PM	(donation)
<u>Drama Class:</u>	Thursdays, 10/5 & 10/19	1:30-3	\$10 / 2 weeks
<u>Painting Class with Don Polley:</u>	Mondays	1-2:30 PM	\$40 / 6 weeks
<u>Spanish for Seniors:</u>	Thursdays & Fridays	10-11 AM	\$40 / 6 weeks
<u>Creative Writing:</u>	Wednesdays, 10/20	10:30-12	\$40 / 6 weeks
<u>Still Life Drawing Class</u>	Tuesdays	10-12	\$40 / 6 weeks

**SING-ALONG:**

Tuesday, October 10 at 1:00 PM

Come and treat yourself to Anne and Larry's "Gay Nineties" sing-along and have a rootin'-tootin' good time!

GRANDPARENT SUPPORT GROUP:
the 2ND TUESDAY of EACH MONTH

This support group, for grandparents who are active in raising their grandchildren, meets the second Tuesday of each month. For further information, call Lourie August, COA Social Worker, at 781-316-3410.

This group is supported in part by a Title III Grant through Minuteman Senior Services.

CAREGIVER SUPPORT GROUP:
the 3RD TUESDAY of EACH MONTH

A support and networking group for caregivers of a loved one who is residing at home or in a long-term care facility, held at the Council on Aging from 10:15 AM – 11:45 AM. We often share information about caring for people with Alzheimer's or other dementias.

Questions? Call Lourie August at 781-316-3410.

PEOPLE AT THE CENTER

Charles Cann, a long-standing member of the Seniors Association, is an avid bridge player, leader of the bridge group, and was an instructor in the past. He is 92 years of age and has 4 sons, 6 grandchildren and 2 great-grandchildren. He's the author of "Bridge Players' Handbook"; copies are available for \$10. He also joins the bridge group at the Winchester Senior Center.

The ASA is starting bridge classes and we hope we can join Charlie and his friends at their bridge tables. All the best to Charlie and the bridge group!

Elisa Lopez

FREE EYE, HEARING & BLOOD PRESSURE SCREENING:
THE EYEMOBILE COMES TO TOWN

The Lions Club Eyemobile will be in front of the Arlington Town Hall on Thursday, October 26; Friday October 27; and Saturday, October 28 from 10 AM to 5 PM. Please take advantage of this opportunity for an important health screening; there is no charge for this service.

If you are able to volunteer an hour or two of your time to the Lions Club for this event, please phone Ben Warren at 781-646-5000 (or simply show up and say you're volunteering!).

FARMERS' MARKET COUPONS

October 25 will be the last Wednesday of the Arlington Farmers Market. It is held at the parking lot behind Saint Agnes Church from 1 – 6:30 PM. The Council on Aging, 27 Maple Street, still has Farmers' Market Coupons worth \$10. To be eligible you must be at least 60 and have income of not more than \$11,613 for a single person or \$15,642 for a couple.

Come in and get yours!

COMPUTERS AT THE SENIOR CENTER

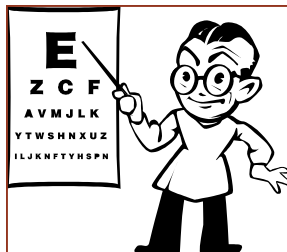
The ASA has created a Computer Center for the purpose of providing a user-friendly environment for ASA members, senior citizens of the Town and anyone who may be interested in becoming computer literate. The Center has eight computers which are now available to the public on the following days and times:

- * Monday 10:00 a.m. through 12:00 noon
- * Tuesday 9:00 a.m. through 11:00 a.m.
- * Friday 10:00 a.m. through 12:00 noon

Come on up to the Center and take advantage of this opportunity. Computer usage is limited to two hours and a donation of \$1.50 per hour is suggested. Users of this service agree to abide by the ASA computer and internet guidelines. You may call 781-316-3420 to reserve your space, as prior registration is necessary.

HEALTH TIP OF THE MONTH:**FINDING A PROFESSIONAL TO PROVIDE YOUR EYE CARE**

When an eye doctor examines your eyes, he or she is doing more than checking to see if you need glasses. During a complete eye exam, your eye doctor will not only determine your prescription for glasses or contacts, but will also check your eyes for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.



Everyone over the age of 60 should be checked annually. You can ask your family doctor for the name of a local eye care specialist, or ask family members and friends about eye care professionals they use. You can also contact your insurance company or health plan to learn whether it has a list of eye care professionals that are covered under your plan.

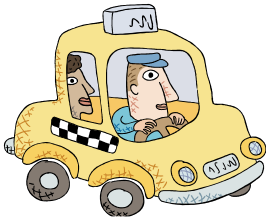
(Prescription Advantage, continued from page 4)

Those with limited income may also be eligible to receive help paying for their Medicare Part D plan premiums. Unlike other supplemental plans, **Prescription Advantage requires no monthly premium and the plan limits annual out-of-pocket expenditures** on the amount members pay towards their prescription drugs. For seniors who do not have Medicare Part D, but have prescription drug coverage through an employer or union, Prescription Advantage also provides secondary benefits.

Prescription Advantage is holding an Open Enrollment period from September 15 to November 15. For help in applying, please call Joyce at the Council on Aging (781-316-3404) for a SHINE appointment, or you can obtain the enrollment forms by calling Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

Don't miss this opportunity to further reduce your prescription drug costs!

DIAL-A-RIDE TAXI SUBSIDY PROGRAM



If you're an Arlington resident who is 60 years of age and retired, or have a verifiable disability and are of low to moderate income, you are eligible for this program. Dial-a-Ride allows you to ride anywhere in town for only three dollars each way! Membership cards are available at the Council on Aging for \$2.00.

The tickets are good for a ride anywhere in Arlington. Call 781-316-3406 for more information.

dID YOU KNOW: A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.



the back page

ALZHEIMER'S AWARENESS & SAFETY WORKSHOP
at the Cambridge Central Square Library located at 45 Pearl Street, Cambridge
CAMBRIDGE SOMERVILLE ALZHEIMER'S PARTNERSHIP

The Cambridge Somerville Alzheimer's Partnership will be hosting their annual Alzheimer's caregiver workshop entitled "**Alzheimer's Awareness & Safety**" on **Wednesday, November 1**, from 10:30 to 12:00 at the Cambridge Central Square Library located at 45 Pearl Street, Cambridge. Parking is available in the garage next to the library. The workshop will include safety tips for caregivers, an overview of the Alzheimer's Association Safe Return program, and respite services available to caregivers. The program is free and light refreshments will be served. For more information or to register for the program contact Liz Seelman at 617-349-6055.

No Laughing Matter: Center for Cancer Support & Education Holds Comedy Night

The Center for Cancer Support & Education (CCSE) teams up with the **Comedy Studio** located in the Hong Kong Restaurant, 1236 Mass Ave, in historic Harvard Square, to have some laughs while helping the Center in its mission "to empower and support people touched by cancer, their caregivers and loved ones." The **Comedy Night, September 21, from 8-10 PM, costs \$10, features door prizes, cash bar** and information about the Center for Cancer Support & Education's programs.

All proceeds from the event will go to furthering the weekly support and wellness programs at the Center for Cancer Support & Education, 180 Massachusetts Ave. Suite 301, Arlington, MA.

1 PM MOVIES

Shown by the ASA

Thursday, October 5: "Howard's End" *Emma Thompson, Anthony Hopkins,
Vanessa Redgrave, Helena Bonham Carter*

Thursday, October 19: "Gypsy" *Rosalind Russell, Natalie Wood*

*Thanks to Video Horizons and to the COA's Leo W. Fanning Memorial Collection for the movies we show.
Ice cream courtesy of the Arlington Seniors Association.*

ARLINGTON SENIORS ASSOCIATION
27 MAPLE STREET
ARLINGTON, MA 02476

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THE DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH

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